

A school-based health center (SBHC) is a student-focused health center located on or near a K-12 school campus that is organized through school, community, and health provider relationships and provides age-appropriate, clinical health care services.

SBHCs may provide medical, behavioral health, or dental care onsite or through mobile health or telehealth.

SBHCs Deliver

Better academic outcomes

Sam has access to a school-based health center (SBHC) on campus. SBHCs improve attendance, student behavior, and school climate. **Sam's attendance improves by 7 days after one visit to the SBHC for mental health care.¹**

Accessible and youth-friendly care

Sam learns about the SBHC in a class presentation and has friends that go there. **Sam is 21 times more likely to visit the SBHC for behavioral health services than anywhere else.²**

Integrated physical and behavioral care

Sam gets a sports physical. The Nurse Practitioner screens Sam for behavioral health. **Sam is referred to the mental health clinician down the hall.**

Cost-effective services

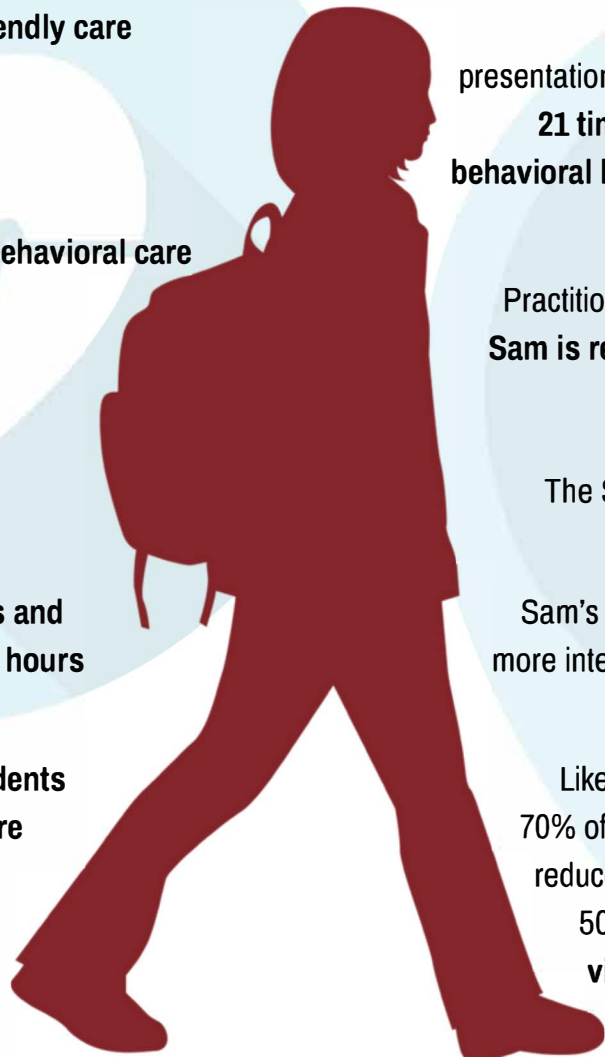
The SBHC is run by a community clinic and **Sam's clinician can bill Medi-Cal.**

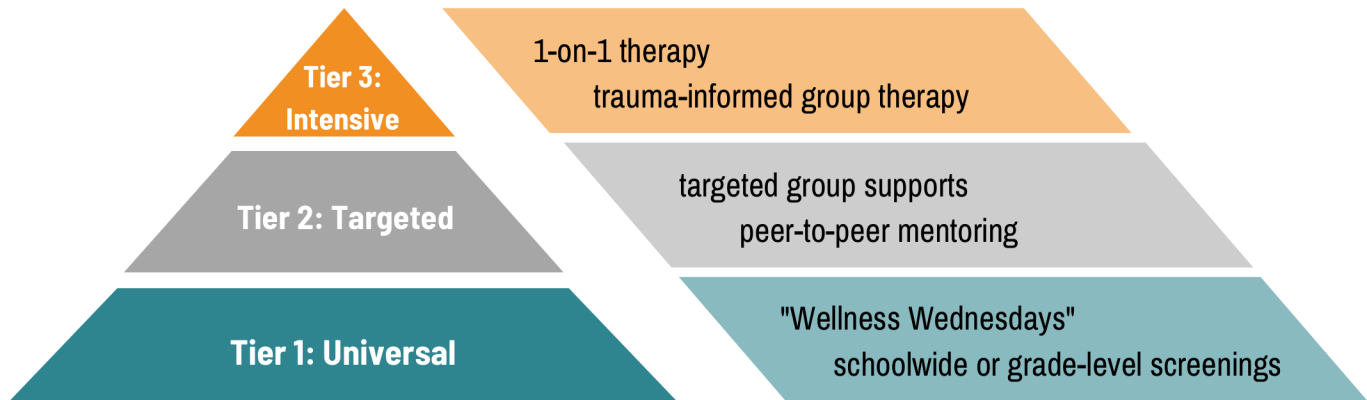
Coordination for services and access during off-school hours

Sam's parents learn about referral options for more intensive care, and **Sam's SBHC is open during the summer.**

Better access for the students who most need health care

Like most schools with SBHCs, more than 70% of Sam's classmates qualify for free and reduced price meals (FRPM) and more than 50% are students of color. **Prior to their visit, Sam hadn't seen a primary care provider in 5 years.**





Examples of How SBHCs Deliver Mental Health Care in Schools

1-on-1 therapy: The SBHC provides individual counseling with licensed clinicians that are easily accessible during and after school, and provides referrals to county agencies and telepsychiatry for more intense or specialized care.

Trauma-informed group therapy: A middle school SBHC offers a Cognitive Behavioral Intervention for Trauma in Schools (CBITS) therapy group to give students skills to cope with stress, talk with an adult, and stay in school.

Targeted group supports: Through screenings, a middle school SBHC identified the need for anger management among 6th grade girls. The providers shifted planned support groups to meet the need and began offering a group on managing anger.

Peer-to-peer mentoring: A high school SBHC trained seniors to provide social and academic support to incoming 9th graders. Mentors learned active listening, building empathy, providing support to others, and Youth Mental Health First Aid.

Wellness Wednesdays: Hosted by the SBHC, "Wellness Wednesdays" brings music, games, healthy snacks and alternating wellness topics to all students at lunch.

Schoolwide screenings: The SBHC coordinates regular tours for all incoming 9th graders to orient them to services offered, and provide a 10-15 minute screening visit with a provider. If a need is identified, students can be quickly linked to care.



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